Rice University
Lifetime Physical Activity Program
LPAP 197: Discovering Personal Wellness
Spring 2013 Course Outline

Instructor: Ayshe Tayfun, M.ED., CHES
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Class Time: Monday 3:00 – 4:40 pm
Location: Wellness 160A

Course Description:

This course is designed to help students understand the multilevel and complex factors that influence their personal health and wellbeing. The societal, community and interpersonal factors that collectively impact an individual's health and wellbeing will be explored. The information learned in this course will help students make informed decisions to better influence their personal health and wellness.

This class is designed to be primarily lecture, activity and discussion based so that students can reflect on health and wellness topics in an open environment among their peers. Personal wellness topics will be explored further with reflective essays and two papers. Refer to the course calendar for topics that will be covered.

Course Learning Objectives:
Upon completion of this course, the student will be able to:

- Assess the dimensions of wellness within a socio-ecological framework.
- Apply the seven dimensions of wellness to their lives.
- Understand how societal, community and interpersonal relationships impact personal wellbeing.
- Modify a personal health behavior(s) by utilizing a fundamental health behavior theory.
- Assess personal health and wellness through the lifespan.
- Locate and utilize health and wellness resources.

Required Text:

Teague, M.L., Mackenzie, S.L. & Rosenthal, D.M. (2011) Your Health Today: Choices in a Changing Society (3rd edition). Champagne: McGraw Hill.

Class Attendance:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed one "free" absence. Should a student miss an additional class, she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the within two weeks of the absence. If a student fails to make up a missed second class, his/her final grade will drop by one grade letter.

Please note, students will not be allowed to make up more than one class. Three total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

Grading:

Reflective Essays (8 at 10 points each) 80 pts.
Behavior Change Paper (2 at 60 points each) 120 pts.
Course Total: 200 pts.

Grading Scale:

Points	**Grade**
180-200	A
160-179	B
140-159	C
120 – 139	D
<120	F

Honor Code Violations:
All students are expected to uphold their pledge to the Rice Honor Code. Any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

ADA Statement:
This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

COURSE CALENDAR

Date	Topic	Assignment
1/7	Introduction – Health & Wellness	Read Ch. 1
1/14	Mental Health & Stress	Read Ch. 3, RE #1
1/21	***NO CLASS – MLK DAY***	
1/28	Spirituality	Read Ch. 4, RE #2
2/4	Sleep	Read Ch. 5, Behavior Change Paper #1 **DUE**
2/11	Nutrition	Read Ch. 6, RE #3
2/18	Movie - Food Matters	RE #4
2/25	***NO CLASS – Spring Break***	
3/4	Physical Activity	Read Ch. 7&8, RE #5
3/11	Movie - HAZE	Read Ch. 10&11, RE #6
3/18	Relationships and Sexual Health	Read Ch. 12, RE #7
3/25	Alternative Medicine/Approaches to Health	Read Ch. 18, RE #8
4/1	Environmental Health	Read Ch. 19
4/8	Movie – An Inconvenient Truth	Behavior Change Paper #2 **DUE**
4/15	LAST CLASS – Course Evaluations	